



## HISTORY OF FORMATION AND DEVELOPMENT OF WEIGHTLIFTING

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### Annotation

This thesis focuses on the formation and development of weightlifting, the development of this sport in our country.

**Keywords:** weightlifting, Olympics, sports, weightlifting, exercise, barbell, weightlifting, squats and squats.

As the ancient Greek philosopher Plato said, “A man who combines strength, health and endurance, strong will, intelligence and high culture is a true weightlifter”. It is no secret that there is no one who does not want to be beautiful and strong enough. To that end, people regularly engage in sports and weightlifting. At this time, weightlifting and weights of different weights are the main sports equipment.

Weightlifting is a sport in which different weight classes compete in weightlifting. Weightlifting is a universal exercise that can affect not only the smallest muscle group, but even the largest muscle group. They are easy to dose. But it also has a number of negative features. Initial conditions play an important role in weight training. It definitely requires holding the load statically. If the load is heavy, it will be difficult to stand in the starting position. This, in turn, makes it difficult to concentrate during the critical phase of the movement. Also, on a projectile with a significant mass, it is difficult to give a large acceleration at once, or the first part of the movement is slow. The rhythm of the movement is forced to increase slowly. This, in turn, makes it harder to apply the necessary muscle groups.

Weightlifting has been known since ancient times, and official competitions have been held since the 1860s. Currently, there are two types of barbell exercises: push-ups and push-ups. In weightlifting, the athlete lifts the barbell in one motion without stopping, and in the squat, in two consecutive movements, first lifting the chest and then lifting the arms outstretched.

From ancient times, people have competed to test their strength, agility, and endurance. The festivities, of course, included athletic performances. Their conditions





are set there, in the circle of competitors, in the eyes of the people. In some case it was a sack of wheat, in others it was a blacksmith's sandbox or a rock shell.[1]

Greece is the birthplace of weightlifting. Here dumbbells are used to develop strength in young men. Dumbbells weighing 1.5-2 kg are made of stone, iron and lead. In addition to dumbbells, the Greeks used stone girders and blocks as devices. There are also special academies in Greece to train weightlifters. These academies brought up the bravest and bravest young men of their time. The academy pays special attention to the diet of athletes. Athletes ate bread, dates, nuts, honey, soft cheese, and meat during the time of Hippocrates.

On April 6, 1896, the first Summer Olympic Games opened in Athens. 245 athletes from 14 countries took part in the Olympic Games. The program of the games included 9 types of sports, including rock climbing. [2]

Weightlifting competitions began in the 1960s in the United States and in Europe in the early 1970s. In those years, the first French weightlifter, Ipolit Tria, opened weightlifting schools in Brussels in 1840 and in Paris in 1849.

A distinctive feature of weightlifting is the division of athletes into weight categories. Weightlifting competitions have been held since 1977 in 10 weight categories. This gives weightlifters a chance to succeed based on their body weight.

The first weightlifting club in Uzbekistan was opened in 1917 in Tashkent and was called the Tashkent Weightlifting Society. The founder of weightlifting in Uzbekistan is Feoktist Gorizdro. The Weightlifting Federation of Uzbekistan has been operating since 1992. Uzbekistan became a member of the International Weightlifting Federation in 1993 and the Asian Weightlifting Federation in 1994. It is known that during the Tsarist Russia, the major cities of Uzbekistan were connected with Russia by rail. This meant not only economic and industrial development, but also cultural events. As a result, the Central Asian Olympics were held in 1920 at the initiative of the leaders of the youth unions and sports clubs of the time. It included competitions in sports such as racing, gymnastics, athletics and weightlifting, football, and archery. [3] In 1923, the Dinamo Sports Society was established in Uzbekistan. At its stadiums, locals and Russians practiced football, volleyball, jumping, running, and throwing grenades. It should be noted that over the years, the focus on weightlifting has declined. Weightlifting competitions were not organized at the I All-Uzbek Spartakiade in 1927 and the I All-Union Spartakiade in Moscow in 1928.

During the years of independence, special attention was paid to the development of sports in our country. Following the Decree of the President of the Republic of Uzbekistan "On the establishment of the Fund for the Development of Children's Sports of Uzbekistan" dated October 24, 2002, weightlifting, like all sports, has





become a major impetus for the development of sports in our country. Its material and technical base has been strengthened. [4]

President of the Republic of Uzbekistan Shavkat Mirziyoyev is physically active in our country promotion of education and sports, healthy population, especially among young people the conditions and infrastructure needed to promote the lifestyle creating a worthy participation of the country in international sports arenas Consistent measures are being taken to ensure. [5] Our constant priority is to ensure the development of education and science, health, culture and art, sports, in-depth knowledge of our youth, thorough mastery of foreign languages and information and communication technologies. [6]

The system of sports competitions has been improved. In the system of physical culture of Uzbekistan, special attention is paid to weightlifting, especially at all levels of children's education. Due to the attention paid to weightlifting in our country, our compatriots at the 2016 Summer Olympics in Rio de Janeiro, Ruslan Nuriddinov with a result of 237 kg in the snatch, won a medal in the weightlifting at the Olympic Games in Tokyo. Akbar Juraev, who defended the honor of Uzbekistan, lifted 193 kg in the snatch and 237 kg in the snatch. As a result of both exercises, his weight was 430 kg, which set an Olympic record in the snatch and overall.

In conclusion, in weightlifting, an athlete should develop strength qualities that allow him to show maximum strength in the shortest possible time, rather than normal muscle strength. Therefore, in sports that require speed and strength, it is necessary to perform this exercise with high technique when lifting weights and lifting weights. Weightlifting can be a sport that requires speed and agility. However, the goal cannot be achieved without the athlete's willpower, determination, and courage. In order to achieve high results in weightlifting, each athlete must take an individual approach to training.

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